

* 320 J E D A L N Y L I S T O K *

Obdobie: 04.07.2022 - 10.07.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 04.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 410135 Kurca dus.so zelen. bez mlieka 280g(m.64g) (E:1255kj,B:33g,T:13g,S:10g) (Al:9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 05.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 06.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacream 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 07.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99335 Croissant cokoladovy

Večera. 472125 Karfiol zapekany bez mlieka 280g (E:710kj,B:8g,T:11g,S:15g) (Al:1,3), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 08.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 648225 Polievka rascova bez mlieka 0,33l (E:277kj,B:2g,S:16g) (Al:1), 256145 Bravcove stehno brat. bezml. 214g(m.64g) (E:1403kj,B:17g,T:25g,S:10g) (Al:1,7,9,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g)

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(Al:12)

Olovrant. 99316 Dalamanka celozrnná, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera. 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)

 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 09.07.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99108
 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90103 Morcacie prsia
 na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 388125 Omeleta s hraskom bez mlieka 90g (E:1152kj,B:15g,T:22g,S:4g) (Al:3,12), 99450 Kecup 40g
 (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 10.07.2022 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska
 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99712 Tuniak v raj. omacke
 (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.07.2022 - 10.07.2022

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D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 04.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 410135 Kurca dus.so zelen. bez mlieka 280g(m.64g) (E:1255kj,B:33g,T:13g,S:10g) (Al:9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

***** Utorok 05.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

***** Streda 06.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99316 Dalamanka celozrnna, 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Stvrtok 07.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Večera. 472125 Karfiol zapekany bez mlieka 280g (E:710kj,B:8g,T:11g,S:15g) (Al:1,3), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g

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*** Piatok 08.07.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Desiata..... 99510 Nektarinka

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 256145 Bravcove stehno brat. bezml. 214g(m.64g) (E:1403kj,B:17g,T:25g,S:10g) (Al:1,7,9,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99604 Maslo mini delacreame 20g

*** Sobota 09.07.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera..... 388125 Omeleta s hraskom bez mlieka 90g (E:1152kj,B:15g,T:22g,S:4g) (Al:3,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

*** Nedela 10.07.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.07.2022 - 10.07.2022

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 04.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99709 Natierka z nivy (,s.45g)
(E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 41013 Kurca dusene
so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

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Večera. 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 05.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)
(Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na
rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99123 Sunkova pena Matko
(E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l
(E:1940kj,B:34g,T:15g,S:49g)

***** Streda 06.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:
1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99402 Paprika (E:30kj,S:2g),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 25314 Bravcove maso na
smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Il. večera. 99316 Dalamanka celozrnna, 99115 Pecenyov syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Stvrtok 07.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99112 Tlacenka hydinova 80g 80g
(E:444kj,B:13g,T:6g), 99561 Cibulka jarna (E:1270kj,B:13g,T:2g,S:82g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90100 Morcacie prsia
na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7), 99762 Syrová omacka (,s.100g)
(E:908kj,B:6g,T:18g,S:7g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7)

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Obdobie: 04.07.2022 - 10.07.2022

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*** Piatok 08.07.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99510 Nektarinka

Obed..... 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
25614 Bravcove stehno bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12), 51212 Ryzu dusenu 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 09.07.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99705 Natierka z trescei pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 90744 Polievka zemiaková s tav. syrom 0,33l (E:914kj,B:10g,T:10g,S:24g) (Al:1,7), 48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera..... 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 10.07.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.07.2022 - 10.07.2022

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 04.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99709 Natierka z nivy (,s.45g)
(E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 41013 Kurca dusene
so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 05.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)
(Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na
rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99439 Cvikla DIA
(E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99123 Sunkova pena Matko
(E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l
(E:1940kj,B:34g,T:15g,S:49g)

***** Streda 06.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:
1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 25314 Bravcove maso na
smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Il. večera. 99316 Dalamanka celozrnna, 99115 Pecenyov syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Stvrtok 07.07.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90100 Morcacie prsia
na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99762 Syrová omacka (,s.100g)
(E:908kj,B:6g,T:18g,S:7g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 99439 Cvikla DIA
(E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7)

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Obdobie: 04.07.2022 - 10.07.2022

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*** Piatok 08.07.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Desiata..... 99510 Nektarinka

Obed..... 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 25614 Bravcove stehno bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 09.07.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 90744 Polievka zemiaková s tav.syrom 0,33l (E:914kj,B:10g,T:10g,S:24g) (Al:1,7), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera..... 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 10.07.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 04.07.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04911 Polievka rajciaková 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 41013 Kurca dusená so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12), 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90453 Ryzová kaša DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)

***** Utorok 05.07.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90740 Polievka z hľavy ušticovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pečienka na rajčiakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12), 90302 Zemiaky varené s vlnkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera.	99555 Detský prírodný, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 06.07.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63421 Čierna káva z kávy 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04221 Polievka karfiolová 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 25314 Bravcové mäso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12), 90301 Cestovina priemyselne-vretená 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)
Večera.	90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Štvrtok 07.07.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90100 Morcacie prsia prírodné (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49712 Zemiaky varené 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90282 Karfiolové pyré 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 08.07.2022 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata.	99510 Nektarinka
Obed.	64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 25614 Bravcové stehno bratislavské 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12), 51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)

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Obdobie: 04.07.2022 - 10.07.2022

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Večera. 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Sobota 09.07.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 90744 Polievka zemiaková s tav.syrom 0,33l (E:914kj,B:10g,T:10g,S:24g) (Al:1,7), 90103 Morcacie
prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 10.07.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l
(E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska
290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12),

49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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Obdobie: 04.07.2022 - 10.07.2022

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KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 04.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99709 Natierka z nivy (.s.45g)
(E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 41013 Kurca dusene
so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90257 Palacinky s cokoladou 350g (E:3277kj,B:20g,T:32g,S:104g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

***** Utorok 05.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)
(Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na
rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99436 Cvikla 150g
(E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99123 Sunkova pena Matko
(E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 06.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 25314 Bravcove maso na
smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

***** Stvrtok 07.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90100 Morcacie prsia
na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99762 Syrová omacka (.s.100g)
(E:908kj,B:6g,T:18g,S:7g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99335 Croissant cokoladovy

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 99436 Cvikla 150g
(E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 08.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 25614 Bravcove stehno bratislavske
214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g)

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Obdobie: 04.07.2022 - 10.07.2022

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(Al:12)

Olovrant. 99316 Dalamanka celozrnná, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera. 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 09.07.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
 (Al:7), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 90744 Polievka zemiaková s tav.syrom 0,33l (E:914kj,B:10g,T:10g,S:24g) (Al:1,7), 90103 Morcacie
 prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g
 (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 10.07.2022 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska
 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12),
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99436 Cvikla 150g
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina
 (E:1203kj,B:11g,T:27g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 04.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99709 Natierka z nivy (.s.45g)
(E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 41013 Kurca dusene
so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90257 Palacinky s cokoladou 350g (E:3277kj,B:20g,T:32g,S:104g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

***** Utorok 05.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)
(Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na
rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99123 Sunkova pena Matko
(E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 06.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99402 Paprika (E:30kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 25314 Bravcove maso na
smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

***** Stvrtok 07.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99112 Tlacenka hydinova 80g 80g
(E:444kj,B:13g,T:6g), 99561 Cibulka jarna (E:1270kj,B:13g,T:2g,S:82g),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90100 Morcacie prsia
na prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49912 Zemiaky opekané 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7), 99762 Syrová omacka (.s.100g)
(E:908kj,B:6g,T:18g,S:7g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99335 Croissant cokoladový

Večera. 47212 Karfiol zapiekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
(Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 08.07.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99706 Cesnaková natierka 50g
(E:942kj,B:5g,T:22g,S:2g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
(E:608kj,T:1g,S:30g) (Al:1),

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Obdobie: 04.07.2022 - 10.07.2022

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90256 Buchty lekvarovo tvarohove 300g (E:5016kj,B:26g,T:47g,S:169g) (Al:1,3,7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 09.07.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99705 Natierka z tresceej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 90744 Polievka zemiaková s tav.syrom 0,33l (E:914kj,B:10g,T:10g,S:24g) (Al:1,7), 48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 10.07.2022 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12),

90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 04.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 41013 Kurca dusena so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 05.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:217kj,B:1g,T:4g,S:4g) (Al:9,12), 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 06.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 07.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini, 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90100 Morcacie prsia na prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 08.07.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 25614 Bravcove stehno bratislavské 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 55022 Granatiarsky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 63100 Voda so sirupom

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(E:337kj,S:20g) (Al:12)

*** Sobota 09.07.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 90744 Polievka zemiaková s tav.syrom 0,33l (E:914kj,B:10g,T:10g,S:24g) (Al:1,7), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 10.07.2022 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90214 Bravcova ciganska 290g(m.63g) (E:2098kj,B:19g,T:32g,S:39g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková□
Hejbalová□
Kubrická□
Šimovcová□
Kaštilová□

□